



CONGRATULATIONS!

On giving your baby the best start by
breastfeeding the first SIX months.

Many of the health benefits of human milk are dose related, that is, the longer the baby nurses the greater the benefits for both mom and baby.

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- **Breastfeeding prevents obesity.** Studies have shown that children who are breastfed are less likely to be obese during adolescence, and that the longer the baby was breastfed the lower the risk of being overweight in adulthood.
- **Better teeth.** Breastfed babies have better jaw alignment and are less likely to need orthodontic work as they get older.
- **Lowered risk of juvenile diabetes.** Babies who are breastfed are less likely to develop Type 1 Diabetes in childhood.
- **Lowered risk of asthma and allergy.** Studies have shown that breastfeeding lowers the chances of a child developing allergies and asthma symptoms.
- **Other diseases.** Research suggests that breastfeeding may also play a role in preventing digestive diseases, such as colitis and

Teething is one of the most common causes of frequent night waking during the second six months of the first year. It can also cause fussy nursing behavior, as some babies experience gum discomfort with breastfeeding. Baby might start to nurse, but then pull off and cry or fuss and not want to nurse anymore. Other babies nurse nearly constantly because the nursing is soothing to them.

Some things that help teething babies:

- Soothe baby's gums with a frozen/refrigerated teething ring or rub ice cube on his gums
- Put some crushed ice into a clean baby sock and tie off the top. Since it can "mold" around the gum, this is often helpful for painful teething. The fabric is easy and comfortable for baby to handle and babies like the texture of the fabric, too.
- Freeze or refrigerate a wet wash cloth for baby to chew on.
- Talk to your baby's doctor about using a baby pain reliever 30-45 minutes before nursing.
- Avoid using Orajel or other topical anesthetics directly before breastfeeding, as it numbs baby's mouth and can make breastfeeding very difficult for baby.

Worried about biting ? Most babies never do. Some babies will try but learn quickly this is not ok. If your baby does bite, stop feeding immediately, put baby on the floor and say no firmly. If you need more help, email, call or text me.